



Salish Sea Kedgeree

Makes: 4 Servings

"I first tasted Kedgeree, a classic British dish with Indian roots, at a friend's house," says Lukas. "We couldn't find smoked haddock. My mom thought our local smoked salmon might work. I love kale, which grows like crazy in Washington, so we added it. Washington is also the perfect climate for mushrooms. We added crimini for their woodsy, creamy taste. Instead of the traditional English peas, we used asparagus. I think wonderful and tasty things can happen when cultures mix together. This Northwest take on a British-Indian dish was a hit with my picky 7-year-old sister. My mom was happy to get my little sister to eat more veggies and said the garlic and spices might strengthen our immune systems. I plan to serve this dish with wild blackberries when they are ready to be picked."

Ingredients




For the Kedgeree:

Nutrition Information

Nutrients	Amount
Calories	551
Total Fat	11 g
Saturated Fat	3 g
Cholesterol	97 mg
Sodium	398 mg
Total Carbohydrate	89 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	24 g
Vitamin D	1 mcg
Calcium	175 mg
Iron	7 mg
Potassium	811 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1 3/4 cups
	Grains	3 1/2 ounces
	Protein Foods	1 1/2 ounces

6 cups water

2 cups basmati rice

2 eggs

2 teaspoons butter

1/2 yellow onion, peeled and diced

3 garlic cloves, peeled and minced

1 teaspoon cumin

1/2 teaspoon cinnamon

1/4 teaspoon cardamom

1/4 teaspoon freshly ground black pepper, plus additional

1/4 teaspoon clove

1/4 teaspoon nutmeg

Salt

2 teaspoons mustard seeds

2 teaspoons curry powder

1 bunch asparagus, tough ends removed, cut into bite-sized pieces

6 ounces crimini mushrooms, quartered

1 bunch kale, stems removed, roughly chopped

1 lemon, juiced

1 tablespoon olive oil

6 ounces smoked wild salmon

Garnish:

Green onions, chopped (optional)

Directions

1. **In a large saucepan**, bring salted water to a boil over medium-high heat. Add rice, cover, reduce heat to low, and simmer for 30 minutes. Meantime, in a medium saucepan, cover the eggs with cold water and bring to a boil. Cook over medium--high heat, for 12 minutes, or until cooked through and hard boiled. When cooled, peel eggs and quarter.
2. **In a nonstick skillet**, melt butter on medium-high heat. Add the onion, cook for 2 minutes, then add garlic. Cook 1 minute more, then add all of the spices. Stir and cook for another 2 minutes. Add the asparagus, mushrooms, and kale. Season with the lemon juice, and cook about 5 minutes more, or until asparagus and kale are tender. Transfer to bowl.
3. **In the same pan**, warm the olive oil over medium heat and add the salmon. Cook until cooked through, about 3 minutes per side (if there is skin, remove and discard). Flake the salmon into bite-sized pieces, or keep whole. Add the cooked rice and the vegetables, and mix well. Divide into 4 bowls and top each bowl with 2 egg quarters. Garnish with scallions, if desired. Enjoy!

Notes

State: Washington

Child's Name: Lukas Anderson, 10

Source: The 2016 Healthy Lunchtime Challenge Cookbook